

- Consultant, Trainer, Business Coach, Lecturer
- Single mother, living in Munich
- Keen on learning and supporting others in their ambition to grow, practices and teaches Yoga



„Nothing good happens unless you do it“ (by Erich Kästner) is my guiding motto

Connecting minds and ideas to create training concepts that meet the need of an organization highly motivates me. To make “good things“ happen for my clients is my aim.

I stand for

- creating a helpful, supportive and enabling learning environment
- a systemic-integrative and pragmatic approach
- authenticity and clarity

Consulting Areas and Formats

- Training & facilitation: Design and implementation of inhouse trainings, workshops and seminars to convey skills and personal development
- Lecturer at Hochschule Fresenius (Change Management) and Quadriga University (Digital Leadership)
- Organizational Development: teambuilding and enabling teams to work effectively
- Leadership development focusing on getting started in new roles
- Skill Assessment: Design and implementation of tailor-made personality diagnostics (management level)
- Business Coaching: Supervision and Coaching of teams and individuals

Professional Background

- Degree in Business Administration (Diplom Betriebswirtin), DHBW Mannheim
- Degree in Psychology (Diplom Psychologin), University of Mannheim
- Human Resources Specialist, 14 years with Munich Re – Learning and Development Specialist, Talent & Executive Development Consultant, HR Business Partner
- Profound training experience, e.g. for DGFP (Deutsche Gesellschaft für Personalführung) and TAW (Technische Akademie Wuppertal)
- Certified Coach, Systemic organizational counselling
- Self-employed as Trainer and Coach since 2019
- Working languages German, English